



*Carry On,  
Canada!*

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# COOK BOOK

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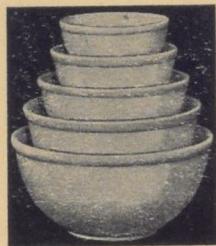


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# *Carry On, Canada!*

# *Cook Book*



Some hae' meat, and canna' eat,  
And some would eat that want it.  
But we hae' meat and we can eat,  
So let the Lord be thankit!

—Burns.

Compiled and Published by  
The Members of the  
**Wildey Rebekah Lodge No. 107**  
Medicine Hat, Alberta

# *Household Hints*

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The youthful housekeeper is not so very wise,  
So let not the older these few hints despise.

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**Wallpaper Cleaner**—Smoky City: 2 cups flour, 2 tablespoons vinegar, 1 tablespoon salt, 2 tablespoons household ammonia, 1 tablespoon coal oil, half cup warm water. Mix in pan. Cook on stove until thoroughly cooked. Knead like bread; use as a sponge to clean wall paper.

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To hasten the baking of potatoes let stand a few minutes in hot water.

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Warm jelly glasses before putting in the jelly, or set them in the sun.

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When boiling an old fowl, add a tablespoon of vinegar.

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An oyster shell or a marble in the tea kettle will collect the lime deposit from the water.

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After boiling salt ham or tongue, plunge in cold water and peel.

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If the white porcelain of the sink becomes stained, wet it and sprinkle chloride of lime on it. Let it stand half an hour and it will become white.

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A dash of cream of tartar in egg before beating will make them stiffer.

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A couple tablespoons of vinegar in water boiled on the stove will destroy the odors from cooking.

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Cream that is too thin to whip—add an unbeaten egg white before whipping.

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There is no better disinfectant than sunshine. Let it flood the rooms which are occupied; let it shine in your bread boxes and butter jars—the sunshine makes them sweet.

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When cooking oatmeal, add a few dates cut in small pieces—or raisins. The taste will be greatly improved.

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## Bread and Rolls

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**BANANA LOAF**— $\frac{1}{2}$  cup butter, 2 eggs, 4 tablespoons sour milk,  $\frac{3}{4}$  teaspoon salt, 1 cup crushed bananas, 1 cup chopped walnuts,  $1\frac{3}{4}$  cups flour, 1 cup white sugar, 1 teaspoon baking soda, 1 teaspoon baking powder.

—Mrs. Harry Allen.

**BISCUITS**—3 cups flour, 6 level teaspoons baking powder, 3 teaspoons sugar, 3 level tablespoons shortening,  $\frac{1}{2}$  teaspoon salt. Sift salt, baking powder, sugar and flour together. Rub in shortening until like a fine powder. Cut in enough cold water to make soft dough. Pat out gently on bake-board. Cut with biscuit cutter and bake in hot oven,  $450^{\circ}$ . Bake about 10 minutes.

—Mrs. M. H. Megley.

**GINGER BREAD**— $\frac{1}{2}$  cup shortening,  $\frac{1}{2}$  cup brown sugar, 1 cup molasses, 2 eggs, 1 teaspoon ginger,  $\frac{3}{4}$  cup hot water, 1 teaspoon baking soda, 3 cups flour, 1 teaspoon cinnamon, 1 teaspoon cloves, 1 teaspoon salt. Put shortening, eggs, sugar and molasses in a bowl and beat well, stir in hot water, add flour, soda, salt and spices. Mix well. Put in greased pan and bake 1 hour in moderate oven.

—Mrs. C. Murray.

**FRUIT BREAD**—2 cups sifted flour, 4 teaspoons baking powder,  $\frac{3}{4}$  cup sugar,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup chopped nuts,  $\frac{1}{4}$  cup candied citron,  $\frac{1}{4}$  cup currants, 2 tablespoons chopped cherries, 2 tablespoons chopped lemon peel, 2 eggs, 1 cup milk, 3 tablespoons shortening. Sift flour, baking powder, sugar and salt. Add fruit and nuts. Beat eggs and combine with milk and melted shortening. Add liquids to flour and stir just enough to moisten flour. Pour into well-greased loaf pan. Let stand in warm place for 10 minutes. Bake in moderate oven for 1 hour.

—Mrs. George Baird.

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Medicine Hat, Alberta

**DATE BREAD**— $\frac{1}{2}$  cup butter, 1 egg,  $\frac{3}{4}$  cup white sugar, 1 cup sour milk,  $1\frac{1}{2}$  cups Graham flour,  $\frac{1}{2}$  cup white flour, 1 teaspoon soda,  $\frac{1}{2}$  pound dates, vanilla and some walnuts. Bake one hour.

—Mrs. A. E. Hutchison.

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**JAM BUNS**—2 cups flour, 3 teaspoons baking powder, 2 tablespoons sugar,  $\frac{1}{4}$  teaspoon salt, 1 cup shortening. Mix like pastry, then add 1 egg, 1 teaspoon vanilla,  $\frac{1}{2}$  cup milk. Mix well together. Roll out about as thick as for pie crust. Cut in squares, place dab of jam on each square, fold corners up. Pinch edges well together. Bake in gem tins.

Mrs. R. W. Armstrong.

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**ORANGE BREAD**—Rind of 2 or 3 oranges. Boil in boiling water (salted) for 10 minutes. Drain. Cover with boiling water and boil for 10 minutes. Drain. Take spoon and scoop out as much of white as you can. Put rind through food chopper. To this add:  $1\frac{1}{2}$  cups sugar,  $\frac{1}{4}$  cup boiling water. Cook until thick and clear. Cool. Dredge with flour. Add mixture to following: 1 cup sugar, 2 eggs, 1 cup milk,  $\frac{1}{2}$  teaspoon salt, 2 tablespoons melted butter, 4 cups flour, 3 teaspoons baking powder. Let rise  $\frac{1}{2}$  hour and bake for 1 hour.

—Miss J. H. Kent.

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**MOTHER'S SCONES**—3 cups flour, 1 cup sugar, 2 teaspoons baking powder,  $\frac{1}{4}$  teaspoon salt, 1 cup shortening, lard and butter mixed. Sift ingredients and rub in shortening. Beat an egg in a cup, fill the cup with milk and mix to a dough after adding 1 cup raisins. Roll and cut in shapes.

—Mrs. W. C. Reesor.

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# Sandwiches

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**BISCUIT DOUGH SANDWICHES**—2 cups flour, 4 teaspoons baking powder, 2 tablespoons shortening, milk to make soft dough, 2 cups cooked ham, 2 hard-boiled eggs, a little mustard pickle, a little sweet pickle, salad dressing. Roll out dough and spread on ham dressing. Roll as for jelly roll and cut with sharp knife. Bake in quick oven.

—Miss Helen Spencer.

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**CHICKEN AND PINEAPPLE TOAST SANDWICHES**—2 cups cooked chopped chicken,  $\frac{1}{2}$  cup crushed pineapple (drained). Mix together and add salt to taste. Combine with 2 tablespoons of mayonnaise so that mixture will spread. Spread on freshly-made buttered toast. With this serve potato chips, pickles, olives and coffee for a delicious snack.

—Mrs. A. W. Bell.

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**SANDWICH SPREAD**—Put in double boiler:  $\frac{1}{2}$  cup butter, 3 well beaten eggs, 1 cup white sugar, 3 level teaspoons mustard, 1 teaspoon salt. Let cook and add 1 scant cup vinegar,  $\frac{1}{4}$  pint cream,  $\frac{1}{4}$  pound grated cheese, (2 green peppers or three dill pickles, 1 small tin pimento put through chopper). Cook well. Will thicken when cool.

—Mrs. R. Parker.

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**SANDWICH SPREAD**—1 pint green tomatoes, 2 green peppers (ground), 2 red peppers (ground). Mix peppers and sprinkle with 1 tablespoon salt. Let stand a few minutes and drain. Put peppers and tomatoes in a kettle with  $\frac{1}{2}$  cup cold water, cook until thick. Dressing: 1 cup sugar, 2 tablespoons flour, 2 tablespoons ground mustard, 1 cup vinegar, 2 cups sour cream, 3 eggs, well beaten. Keep stirring until it comes to a boil and thick. Pour over first mixture and stir until well mixed. Seal while hot.

—Mrs. R. Worth.

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Medicine Hat

## Cakes

**BROWN SUGAR FUDGE CAKE**— $\frac{3}{4}$  cup shortening,  $1\frac{3}{4}$  cups firmly packed brown sugar, 1 egg, 3 egg yolks, 4 squares unsweetened chocolate,  $2\frac{1}{4}$  cups flour,  $1\frac{1}{2}$  teaspoons baking soda,  $\frac{1}{4}$  teaspoon salt,  $1\frac{1}{2}$  cups milk,  $1\frac{1}{2}$  teaspoons vanilla extract. Cream together shortening and sugar, add egg, beat. Add egg yolks one at a time, beating well after each. Melt chocolate over hot water, add. Sift together flour, baking soda and salt, add alternately with milk to first mixture. Add vanilla. Bake in 2 greased layer pans in moderate oven,  $350^\circ$ , 40 minutes.

—Miss F. Thomson.

**WHITE FRUIT CAKE**—10 eggs, 1 pound butter, 2 cups sugar,  $1\frac{1}{2}$  pounds sultanas,  $\frac{1}{4}$  pound citron peel,  $4\frac{1}{2}$  cups flour,  $\frac{1}{2}$  pound cherries, 1 pound chopped blanched almonds, 1 cup orange juice, 1 teaspoon lemon juice, pinch salt,  $\frac{1}{2}$  teaspoon baking powder. Break yolks and whites separately. Beat yolks, butter and sugar half an hour. Add orange and lemon juice, then salt, baking powder and fruit. Mix well and fold in the beaten egg whites last. Bake in very slow oven.

—Mrs. R. W. Armstrong.

**CHOCOLATE CAKE**—4 tablespoons butter, 2 ounces unsweetened chocolate, 1 cup sugar,  $\frac{1}{2}$  cup water, 1 cup sifted pastry flour,  $\frac{1}{2}$  teaspoon baking powder,  $\frac{1}{2}$  teaspoon salt, 1 unbeaten egg,  $\frac{1}{4}$  cup sour milk,  $\frac{1}{2}$  teaspoon baking soda, 1 teaspoon vanilla. Place butter and cut up chocolate in pan of double boiler and heat until butter and chocolate have melted, then mix in sugar. Stir in water and combine thoroughly (chill well). Sift flour with baking powder and salt. Add unbeaten egg to chocolate mixture and beat well. Add baking soda to sour milk and add dry ingredients to chocolate mixture alternately with milk, combining after each addition. Stir in vanilla, turn at once into a greased and floured pan, 8x6. Bake in slow oven,  $325^\circ$ , about 40 minutes.

—Mrs. E. L. McQueen.

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**CHOCOLATE CAKE**— $1\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking powder. Sift three times. 1 cup sugar,  $\frac{1}{2}$  cup butter, 2 eggs and 1 yolk,  $\frac{1}{2}$  cup sour milk, 2 squares unsweetened chocolate,  $\frac{1}{2}$  cup boiling water, 1 teaspoon soda, 1 teaspoon vanilla. Cook in moderate oven. When cool ice with: 2 squares unsweetened chocolate, 4 tablespoons cream or milk, 1 cup sugar. After this mixture begins to get thick add one well-beaten egg. —Mrs. A. Lamb.

**CHOCOLATE NUT LOAF**— $2\frac{1}{2}$  cups cake flour,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon soda, 1 cup butter, 2 cups sugar, 5 eggs (well beaten), 1 cup walnuts, 3 squares chocolate, 1 cup buttermilk or sour milk, 2 teaspoons vanilla. Sift flour once, measure, add salt, soda and sift 3 times. Cream butter, add sugar, cream until light. Add eggs, nuts, chocolate and blend. Add flour with the milk. Bake in loaf pan for 1 hour. —Mrs. W. Bagshaw.

**HOT MILK CAKE**—1 cup fine sugar, 3 eggs, 1 cup pastry flour,  $1\frac{1}{2}$  teaspoons baking powder,  $\frac{1}{2}$  cup milk,  $\frac{1}{4}$  cup butter, 1 teaspoon vanilla, pinch of salt. Beat sugar and eggs together with beater until very light, add flour, baking powder and salt, that have been sifted together three times. Then beat in milk and butter which have been heated together to boiling point. Add vanilla. Bake in moderate oven. —Miss B. Ansley.

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**ORANGE AND NUT CAKE**— $\frac{1}{2}$  cup butter, 1 cup sugar, 1 egg (beaten), juice and rind of one orange,  $1\frac{3}{4}$  cups of flour, 1 teaspoon baking soda, 1 cup dates (cut small),  $\frac{1}{2}$  cup walnuts (cut small),  $\frac{3}{4}$  cup sour milk. Bake in moderate oven,  $350^\circ$ . While still warm, mix juice of one orange with  $\frac{1}{4}$  cup of sugar and spread over top.

—Mrs. N. Lutes.

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**UNCOOKED FRUIT CAKE**—1 cup chopped dates, 1 cup chopped cherries, 2 cups chopped seedless raisins, 1 cup currants, 2 cups almonds (cut fine), 1 cup shredded mixed peel, 1 cup chopped walnuts, 2 cups chopped candied pineapple, 1 tin condensed milk, 4 teaspoons chopped maraschino cherries, 2 cups cut colored marshmallows,  $\frac{1}{2}$  teaspoon each: salt, nutmeg, cloves, allspice and cinnamon, 2 cups graham wafer crumbs. Roll graham wafers fine, add salt and spices to crumbs, add fruit and nuts, mix well, then add condensed (not evaporated) milk, mix well. Put into loaf pans lined with buttered wax paper. Let stand at least one week.

—Mrs. W. A. Rose.

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**CANDY CAKE**— $1\frac{1}{2}$  cups brown sugar,  $\frac{3}{4}$  cup butter, 2 eggs, salt, 3 tablespoons cocoa or chocolate, 1 cup walnuts, 1 cup flour. Mix and bake in moderate oven at  $350^\circ$ . Put on butter icing while hot.

—Mrs. Moore.

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**EVERY DAY FRUIT CAKE**—3 cups flour, 3 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 cup sugar, 1 cup raisins,  $\frac{1}{2}$  cup currants,  $\frac{1}{2}$  cup mixed peel,  $\frac{2}{3}$  cup shortening, 2 eggs,  $\frac{2}{3}$  cup milk. Sift together with flour, salt and baking powder. Cut in shortening, add raisins, currants, peel and sugar. Stir well. Add eggs and milk. Bake  $1\frac{1}{2}$  hours in oven  $325^\circ$ .

—Mrs. M. H. Megley.

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**ORANGE CAKE**—1 medium orange, washed, and 1 cup of large seedless raisins. Put both through fine food chopper. Pour over 1 cup white sugar. Let stand overnight. Next morning add: 1/2 cup butter, 2 eggs, 2 cups flour, sifted with 2 teaspoons baking powder. Bake in layer cake tins in moderate oven. Make orange filling and ice with butter icing.

—Mrs. E. Kanneman.

**GOLD CAKE**—Measure: 2 cups sifted cake flour. Add: 2 teaspoons baking soda and sift together 3 times. Cream: 1/2 cup butter or other shortening thoroughly. Add: 1 cup sugar gradually, creaming until light and fluffy. Add 3 egg yolks, beaten until thick and lemon colored. Beat well. Add flour alternately with 3/4 cup milk, a small amount at a time, beating well after each addition. Add: 1 teaspoon vanilla, beat thoroughly. Bake in greased pan in moderate oven, 350°, for 55 minutes.

—Miss Mildred Harper.

**OLD-FASHIONED JELLY ROLL**—5 eggs, 1 cup sugar, 1 cup flour, 1 teaspoon baking powder, pinch of salt, flavoring to taste. Beat eggs until thick, add sugar and continue beating until sugar is dissolved. Add flour and baking powder which has been sifted 3 times. Bake on cookie sheet 12 minutes in a quick oven.

—Mrs. E. Slater.

**MAPLE NUT CAKE**—1/3 cup butter, 1 cup brown sugar, 2 eggs, 3/4 cup milk, 1 1/2 cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1 cup chopped walnuts, 1 teaspoon vanilla. Cream butter and sugar, add well beaten eggs and mix well. Add flour alternately with milk. Flavoring and nuts. Bake in moderate oven.

—Mrs. George Baird.

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**CHERRY CAKE**—1 cup butter, 2 cups sugar, 1 cup sweet milk, 3 cups flour, 4 eggs, 2 teaspoons baking powder,  $\frac{1}{2}$  pound sultanas,  $\frac{1}{2}$  pound almonds,  $\frac{1}{2}$  cup of lemon peel, 1 teaspoon lemon extract, 1 cup cherries.

—Mrs. Ronnenberg.

**MADERIA CAKE**— $\frac{1}{2}$  pound butter, 1 cup sugar, 4 eggs, 2 cups flour,  $\frac{1}{2}$  teaspoon baking powder, pinch of salt, cherries. Beat butter and sugar together, add eggs one at a time, beating well after each addition, add flour and baking powder (and cherries, if desired). Bake in slow oven 1 hour.

—Mrs. H. Allen.

**MACAROON CAKE**— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup sugar, 4 egg yolks, 1 cup flour,  $1\frac{1}{2}$  teaspoons baking powder, 1 teaspoon almond extract. Place this batter in well greased pan. Beat 4 egg whites stiff. Beat in 1 cup sugar, 1 cup cocoanut. Pour this over batter and bake in slow oven,  $275^{\circ}$ .

—Mrs. M. H. Megley.

**LEMON CAKE**— $\frac{1}{2}$  cup butter, 1 egg, 1 cup raisins, 1 teaspoon soda, 1 cup brown sugar,  $\frac{3}{4}$  cup sour milk,  $1\frac{3}{4}$  cups flour, grated rind of 1 lemon. Bake in moderate oven 45 minutes and while hot pour over the juice of 1 lemon mixed with  $\frac{1}{4}$  cup brown sugar.

—Mrs. F. Orr.

**SPONGE CAKE**—2 egg yolks, beat into  $\frac{3}{4}$  cup cold water, beaten until light,  $1\frac{1}{4}$  cups white sugar, pinch of salt, flavoring,  $1\frac{1}{2}$  cups flour, 1 teaspoon baking powder. Beat the egg whites and fold into above mixture. Bake in  $375^{\circ}$  oven for  $\frac{1}{2}$  hour.

—Mrs. R. McDonald.

**SPONGE CAKE**—5 eggs, 1 cup sugar, 5 tablespoons cold water, 1 cup flour, 1 teaspoon cream of tartar, 1 teaspoon vanilla,  $\frac{1}{4}$  teaspoon salt. Beat egg yolks, water and sugar for ten minutes. Sift flour, salt and add to egg mixture, add vanilla, add cream of tartar to egg whites and beat stiff. Fold into mixture and bake one hour in a moderate oven.

—Mrs. W. Bishop.

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MEDICINE HAT

# *Small Cakes and Cookies*

**ALMOND SLICES**— $5\frac{1}{2}$  cups sifted flour, 1 teaspoon soda, 3 eggs (slightly beaten),  $\frac{1}{2}$  cup brown sugar (firmly packed), 1 cup granulated sugar,  $1\frac{1}{2}$  cups hot melted shortening (part butter if desirable), 1 cup almonds, blanched, toasted and chopped, or just chop and put in 1 teaspoon almond flavoring. Sift flour once, measure, add soda and sift again. Combine remaining ingredients in order given, then add flour. Mix well, pack tightly in paper-lined pan. Chill over night. Remove loaf from pan, cut in half and slice crosswise in thin slices. Place on greased baking sheet and bake in hot oven 5 minutes.

—Mrs. A. E. Hutchison.

**BRAZIL FINGER**—3 oz. butter, pinch of salt, 1 egg, 1 cup castor sugar,  $\frac{1}{3}$  cup milk,  $\frac{1}{2}$  teaspoon vanilla, 2 oz. unsweetened chocolate, 1 teaspoon baking powder, 1 cup flour,  $\frac{1}{2}$  cup minced brazils. Melt butter in saucepan, stir in sugar and egg without beating. Mix well. Melt and add chocolate. Stir in milk and vanilla, then flour sifted with salt and baking powder. Lastly add nuts. Spread thinly on shallow baking sheet, bake in slow oven 20 to 30 minutes. Cut in fingers 3" by 1" before removing from pan. There should be about 32. Sandwich together with plain butter or coffee butter icing.

—Mrs. T. Allen.

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**ALMOND COOKIES**— $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup white sugar,  $\frac{1}{2}$  cup lard,  $\frac{1}{2}$  cup butter, 1 egg, 1 tablespoon cold water,  $1\frac{1}{2}$  teaspoons almond essence,  $2\frac{1}{2}$  cups flour, 2 teaspoons cream of tartar, 1 teaspoon soda. Cream butter and sugar, add egg, then the other ingredients. Roll in very small balls, place on greased sheet and press almond or cherry into centre. Bake in moderate oven until light brown.

—Miss I. Anderson.

**BUTTERFINGERS**— $\frac{7}{8}$  cup shortening, 5 tablespoons sugar, 1 teaspoon vanilla, 2 cups flour, 1 tablespoon water, 1 cup chopped walnuts. Cream shortening and sugar. Add vanilla. Add flour gradually and beat after each addition. Add water and nut meats. Shape into oblong cookies about the size of a finger or a little larger. Bake in a moderate oven  $350^{\circ}$  15 to 20 minutes. When cool roll each cookie in granulated sugar. This recipe makes about 3 dozen cookies.

—Miss Mary Thompson.

**CHOCOLATE CHIP COOKIES**—1 cup brown sugar, 1 cup shortening, 1 teaspoon soda, 3 cups flour, 1 cup nuts,  $\frac{1}{2}$  pound sweetened chocolate, 1 cup white sugar, 3 eggs, 2 tablespoons hot water,  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon salt, 1 cup dates. Mix in usual way, put in chocolate last in fair-sized pieces. Drop by spoonfuls on buttered sheet.

—Miss Isabel Anderson.

**COCOANUT MACAROONS**—3 egg whites,  $1\frac{1}{2}$  cups sugar, pinch of salt, 2 teaspoons cornstarch, about  $1\frac{3}{4}$  cups cocoanut. Beat the whites of eggs and sugar well, then add cornstarch, stand in boiling water until the sugar sticks to the side of the pan, using double boiler.

—Mrs. A. W. Bell.

**COCOANUT ROCKS**— $1\frac{1}{2}$  cups of rolled oats (fine),  $\frac{1}{2}$  cup of flour, 1 teaspoon baking powder, 1 cup of brown sugar (scant), 1 cup cocoanut, 3 tablespoons melted butter, 1 egg. Mix in order given, sifting baking powder with flour. Drop by spoon on buttered baking pan and bake in a quick oven.

—Mrs. E. Kanneman.

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**CALLA LILIES**—3 eggs,  $\frac{3}{4}$  cup sugar, 1 cup flour, 1 teaspoon vanilla, 1 teaspoon baking powder. Beat eggs to a stiff froth. Add sugar and flour mixed with baking powder. Beat 2 minutes. Add vanilla. Drop by spoonfuls on a greased cookie sheet about 3 inches apart. Bake at  $400^{\circ}$  about 5 minutes. Remove at once and roll like a flower. Place with folded side down to cool. Use candied orange peel for centre and whipped cream tinted green for leaves and stem.

—Mrs. D. Lefever.

**CREAM PUFFS**—1 cup water,  $\frac{1}{3}$  cup liquid fat,  $\frac{1}{2}$  teaspoon salt, 1 cup flour, 4 eggs. Bring water and fat to a boil and add flour and salt. Stir until mixture leaves sides of pan. Remove from fire and cool. Add eggs, one at a time, beating after each addition. Drop by spoonfuls on oiled sheet. Bake in  $450^{\circ}$  oven for 15 minutes; then lower temperature to  $350^{\circ}$  for 25 minutes. Make a small opening and when cool fill with whipped cream.

—Mrs. D. Lefever.

**DAD'S COOKIES**—2 eggs,  $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup lard, 2 cups flour, 2 cups oatmeal, 1 cup cocoanut, 1 cup brown sugar, 1 cup white sugar, 2 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, 1 teaspoon vanilla. Mix all together then roll small bits in hands to form a small ball, then press down with a fork. Bake in a hot oven.

—Mrs. M. Moore.

**DATE BARS**— $2\frac{1}{2}$  cups oatmeal,  $2\frac{1}{2}$  cups flour, 1 cup brown sugar,  $\frac{1}{2}$  cup lard,  $\frac{1}{2}$  cup sour milk, 1 teaspoon soda,  $\frac{1}{2}$  cup butter. Filling for bars: 1 pound dates, 1 cup brown sugar, 1 cup hot water. Cook well, and spread between cookies.

—Mrs. A. W. Bell.

**DATE DAINTIES**—2 eggs, 1 cup brown sugar, 1 pound pitted dates, 1 cup broken nuts, cocoanut. Beat eggs, add brown sugar and dates. Cook over low heat, stir constantly until pastelike. Add nuts, stir well. Roll spoonfuls in cocoanut. Form balls. Keep cool till firm.

—Mrs. W. Bishop.

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**CRUMB COOKIES**—1 cup sifted, dry bread crumbs,  $\frac{7}{8}$  cup sweetened condensed milk,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{2}$  cup dates,  $\frac{1}{4}$  cup shredded cocoanut,  $\frac{1}{4}$  cup chopped walnuts, grated rind of 1 lemon. Brown the bread crumbs lightly in the oven and combine them with the remaining ingredients. Drop by small spoonfuls onto a greased baking sheet and bake in a moderate oven  $375^{\circ}$  for 10 to 15 minutes.

—Mrs. A. Lamb.

**DAD'S COCOANUT COOKIES**—2 cups flour, 2 cups oatmeal, 1 cup cocoanut, 1 cup butter,  $1\frac{1}{4}$  cups white sugar, 6 teaspoons golden syrup, 1 egg, 1 teaspoon baking soda,  $\frac{1}{2}$  teaspoon ginger,  $\frac{1}{2}$  teaspoon cinnamon. Rub butter into flour and mix all the dry ingredients together, add egg and syrup. Mix well. Roll into small balls about the size of a walnut. Flatten out with a fork. Cook 20 minutes in moderate oven. Leave in pan till cold.

—Mrs. R. W. Armstrong.

**CORNFLAKE MACAROONS**—2 egg whites, 1 cup sugar, to which add: 2 teaspoons cornstarch, 1 teaspoon baking powder (scraped level), 2 or 3 cups cornflakes,  $\frac{1}{2}$  teaspoon vanilla. Beat egg whites until stiff. Add vanilla, sugar, cornstarch and baking powder. Then add cornflakes. A few finely cut dates and walnuts may be added if desired. Bake in oven about  $325^{\circ}$  for about twenty minutes.

—Miss Mary Thompson.

**DROP CAKES**— $\frac{1}{4}$  cup butter, 1 cup brown sugar, 2 eggs, 2 cups flour,  $\frac{1}{4}$  teaspoon salt, 3 teaspoons baking powder (level), 1 cup milk, 1 teaspoon vanilla. Cream butter and sugar, beat in eggs. Sift flour, baking powder and salt together. Add alternately with milk. Bake in small muffin tins about 15 minutes. Oven  $375^{\circ}$ .

—Mrs. M. H. Megley.



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**DANISH PASTRY**— $\frac{1}{2}$  cup butter,  $\frac{1}{2}$  cup brown sugar, 1 egg yolk (slightly beaten), 1 cup flour,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon vanilla. Cream butter and sugar, add egg yolk, flour and salt. Roll into small balls, dip in slightly beaten egg white, roll in chopped nuts, and put in pan and press centre of each in with a thimble. Bake 15 minutes in slow oven  $325^{\circ}$ . Fill centre with jam or jelly.

—Mrs. E. L. McQueen.

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**DATE ALMOND SQUARES**—Cook together until thick, 1 cup chopped dates,  $\frac{1}{2}$  cup water. Cream until soft,  $\frac{1}{2}$  cup butter and blend in gradually  $\frac{1}{2}$  cup sugar. Beat well and add 2 egg yolks; also add 1 teaspoon vanilla, and combine well, sift, then measure  $1\frac{1}{2}$  cups flour, and re-sift with 1 teaspoon baking powder. Sift and mix dry ingredients gradually into butter-sugar-egg mixture to make a stiff dough (it will be necessary to use the hand to work dough together well). Press into greased pan, making layer about  $\frac{1}{3}$  inch thick. On dough, spread date paste, made as above. Beat stiff 2 egg whites. Beat in gradually 1 cup brown sugar. Spread this meringue over dates, and sprinkle thickly with chopped almonds. Bake in moderate oven,  $350^{\circ}$ , about 50 minutes.

—Mrs. T. Allen.

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**FILBERT BALLS**— $\frac{1}{2}$  pound shelled filberts, 1 cup brown sugar, 2 unbeaten egg whites, pinch of salt, 1 teaspoon pure vanilla. Put the shelled filberts through the food chopper. Add brown sugar, unbeaten egg whites, salt and vanilla and combine very thoroughly. Shape mixture in rather small balls and place on greased pan. Place in oven at  $375^{\circ}$  (moderately hot) with the heat turned off. Bake until very delicately browned (about 20 minutes). The baked Filbert Balls may be dusted with sifted icing sugar.

—Miss Mary Thompson.

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**DELIGHTS**— $\frac{1}{2}$  cup butter,  $\frac{3}{4}$  cup sugar, 2 eggs (unbeaten),  $\frac{1}{2}$  cup nuts, 2 cups flour, 2 level teaspoons baking powder, 1 cup raspberry jam. Cream sugar and butter together. Add eggs, flour and baking powder. Form into round balls. Place in small greased muffin tins. Press around the edges of the pan. Fill centre with mixture of jam and nuts. Bake in a quick oven about 10 to 15 minutes. When cool these may be topped with whipped cream.

—Mrs. R. W. Armstrong.

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**GINGER COOKIES**—2 cups brown sugar, 2 eggs (well beaten), 1 cup shortening, 2 heaping tablespoons ginger. Mix above ingredients and set pan on stove until contents are warm, then add the following: 3 teaspoons soda dissolved in 2 tablespoons vinegar, flour enough to roll. Oven 375°. This dough can be made into rolls, placed in ice box and sliced and baked as needed.

—Mrs. F. Scarlett.

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**MARSHMALLOW PUFFS**—Ritz biscuits, peanut butter, marshmallows. Spread Ritz biscuits with peanut butter, place a marshmallow on each and toast under broiler until lightly browned.

—Mrs. H. Allen.

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**SCHAUM TORTE (MERINGUES)**—4 egg whites, 1 cup sugar, 1 teaspoon vinegar, 1 teaspoon vanilla. Beat egg whites until stiff and dry. Add sugar slowly and continue to beat until all sugar is added. Then add vinegar and vanilla and drop on brown paper on a cookie sheet. Bake at 275° for 1 hour. Remove from paper as soon as they come out of oven. Break top off and fill with whipped cream and fruit or ice cream.

—Mrs. D. Lefever.

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Medicine Hat, Alberta

**HERMIT CAKES**—1 cup brown sugar, 1 cup butter, 2 eggs, 1 pound dates (chopped),  $\frac{1}{2}$  cup walnuts (chopped), 2 teaspoons vanilla, 2 cups flour, 1 teaspoon soda in a little sour milk. Drop in pan and bake in moderate oven till brown, about 7 to 10 minutes.

—Mrs. A. E. Hutchison.

**LEMON SQUARES**—1 cup flour,  $1\frac{1}{2}$  cups graham wafers, rolled fine,  $\frac{1}{4}$  cup cocoanut, 2 tablespoons sweet milk,  $\frac{1}{2}$  cup white sugar,  $\frac{3}{4}$  cup butter,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon baking powder. Mix the dry ingredients, work in butter and add milk. Make the following filling: 1 cup water, 1 egg, 1 cup white sugar, 2 tablespoons flour, 2 tablespoons cornstarch, 1 lemon, juice and rind. Add beaten egg after the mixture has cooked well, about 5 minutes before taking off stove. Spread half of first mixture in the pan, pressing it down fairly well. Cover with the lemon, when cooled. Spread the remainder of the first mixture on top. Bake in medium oven 15 to 20 minutes.

—Miss F. Thomson.

**LEMON COOKIES**— $1\frac{1}{2}$  cups white sugar,  $\frac{3}{4}$  cup butter, 2 eggs, 2 tablespoons milk, pinch of salt, 3 teaspoons baking powder, grated rind of 1 lemon, vanilla. Enough flour to make a stiff dough. Roll and bake.

—Mrs. W. C. Reesor.

**TUTTI-FRUTTI COOKIES**— $\frac{2}{3}$  cup butter, 1 cup brown sugar, 1 egg (unbeaten),  $2\frac{1}{2}$  cups flour,  $1\frac{1}{2}$  teaspoons baking soda,  $\frac{1}{4}$  teaspoon salt, 1 teaspoon almond extract, 1 cup chopped walnuts or pecans,  $\frac{1}{2}$  cup chopped cherries. Cream together butter and sugar, add egg and beat well. Add flavoring. Add dry ingredients and dredged nuts and cherries. Form in a roll and allow to harden. Slice and bake on an ungreased cookie sheet in a hot oven.

—Mrs. W. A. Rose.

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**NUT SMACKS**— $\frac{1}{3}$  cup butter,  $\frac{1}{3}$  cup brown sugar, 2 egg yolks, pinch of salt,  $\frac{2}{3}$  cup flour, 1 teaspoon baking powder, 1 teaspoon vanilla. Spread in a square tin. Mix: 2 egg whites (beaten stiff), 1 cup brown sugar, 1 cup chopped walnuts. Spread over first mixture. Bake 20 minutes in a moderate oven.

—Miss I. Anderson.

**ORANGE TARTS**—Pastry: 2 cups flour,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup icing sugar, 1 teaspoon baking powder,  $\frac{7}{8}$  cup shortening, 1 egg, 1 tablespoon milk (about). Mix and sift flour, salt, sugar and baking powder. Cut in shortening. Add beaten egg and milk. Form into balls and press into patty tins. Filling: Juice of 2 oranges, grated rind of 1 orange,  $\frac{1}{2}$  teaspoon lemon extract, 1 cup sugar, 1 tablespoon melted butter, 2 eggs. Mix orange juice, grated rind and sugar. Add melted butter and slightly beaten eggs. Fill the shells half full and bake in hot  $425^{\circ}$  oven for 10 minutes. Reduce temp. to  $375^{\circ}$  and bake until filling is firm.

—Mrs. E. L. McQueen.

**SUGAR COOKIES**—1 cup butter, 2 cups brown sugar, 2 eggs, 1 teaspoon cream of tartar, 1 teaspoon soda, pinch of salt, 3 cups flour.

—Mrs. Ronnenberg.



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**SHORTBREAD BISCUITS**— $\frac{1}{4}$  pound butter,  $\frac{1}{3}$  cup sugar, 1 cup flour. Cream butter, add sugar gradually, then add flour gradually. This forms into a stiff dough. Pat out until about  $\frac{1}{2}$ " thick. Cut into biscuits and bake in moderate oven 30 minutes.

—Miss Mildred Harper.

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**WALNUT SLICE**—Take 1 cup flour and rub in  $\frac{1}{2}$  cup butter and pinch of salt. Spread in pan. Beat 2 eggs and add  $1\frac{1}{2}$  cups brown sugar, 3 teaspoons flour, 1 cup walnut pieces,  $\frac{1}{2}$  cup cocoanut,  $\frac{1}{2}$  teaspoon vanilla. Mix and pour on top. Bake in moderate oven 20 to 30 minutes. Cover with thin icing when cold.

—Mrs. F. Orr.

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**WALNUT BUTTER COOKIES**— $\frac{3}{4}$  cup butter,  $\frac{3}{4}$  cup brown sugar, 1 egg, 1 cup walnuts (broken),  $\frac{1}{2}$  teaspoon baking soda, pinch of salt,  $\frac{1}{2}$  teaspoon cream of tartar,  $1\frac{3}{4}$  cup flour. Cream butter and sugar and add unbeaten egg. Add walnuts and last of all sifted dry ingredients. Work dough until smooth. Roll into balls and press with a fork. Bake in moderate oven until golden brown.

—Mrs. E. Slater.

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## Frostings

**FLUFFY BOILED FROSTING**— $1\frac{1}{2}$  cups sugar,  $\frac{1}{2}$  cup water,  $1\frac{1}{2}$  teaspoons vinegar, 3 egg whites, few grains salt, 1 teaspoon vanilla extract. Boil together sugar, water and vinegar to 238° F. (or until syrup spins long thread when dropped from tip of spoon). Beat egg whites stiff, add syrup gradually, beating constantly, until frosting holds shape. Add vanilla extract.

—Miss F. Thomson.

**BROILED ICING**—3 tablespoons melted butter, 5 tablespoons brown sugar, 2 tablespoons cream,  $\frac{1}{2}$  cup cocoanut. Mix all together and spread on top of cake while it is still warm. Place very low under broiler and cook until it bubbles all over and turns light brown.

—Mrs. R. Parker.

**FLUFFY MOCHA FROSTING**— $\frac{1}{3}$  cup butter, 4 cups sifted confectioners' sugar,  $3\frac{1}{2}$  tablespoons cocoa,  $\frac{1}{4}$  teaspoon salt,  $\frac{1}{3}$  cup strong coffee (about), 1 teaspoon vanilla,  $\frac{3}{4}$  cup broken walnut meats, toasted. Cream butter. Sift sugar, cocoa and salt together. Add part of sugar mixture gradually to butter, blending after each addition. Add remaining sugar mixture, alternately with coffee until of right consistency to spread. Beat after each addition until smooth. Add vanilla. Spread on cake. Sprinkle nuts on sides.

—Mrs. Ronnenberg.

**MOCHA CHOCOLATE FROSTING**—2 squares chocolate melted, 2 tablespoons butter,  $\frac{1}{2}$  cup strong coffee, 5 cups sifted confectioners' sugar. Combine chocolate, butter and coffee. Mix well. Add sugar gradually until light.

—Mrs. W. Bagshaw.

**WHIPPED CREAM ICING**—4 tablespoons butter (soft), 6 tablespoons icing sugar, 2 tablespoons milk, 2 tablespoons boiling water,  $\frac{1}{2}$  teaspoon vanilla. Cream butter and sugar till light and fluffy. Add milk, cream well until light and thick again. Add boiling water and beat in same way. Add vanilla and beat again.

—Mrs. E. L. McQueen.

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## *Puddings and Desserts*

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**BAKED PUDDING**—2 cups flour,  $\frac{1}{2}$  teaspoon salt, 2 teaspoons baking powder, 2 tablespoons shortening, 2 tablespoons sugar, 2 eggs,  $\frac{2}{3}$  cup milk, 2 or 3 apples and cinnamon. Mix dry ingredients, rub in the shortening, as you would for pie crust, add the milk, bake in square pan, pare the apples and press the slices into the dough (on top). Sprinkle with sugar and cinnamon, bake slowly about  $\frac{1}{2}$  hour. Serve with sauce. —Mrs. A. W. Bell.

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**STEAMED CHERRY PUDDING**— $\frac{1}{3}$  cup butter,  $\frac{2}{3}$  cup sugar,  $\frac{1}{2}$  teaspoon vanilla, 2 eggs,  $1\frac{1}{2}$  cups flour, 2 teaspoons baking powder,  $\frac{1}{2}$  cup milk,  $1\frac{1}{2}$  cups cherries, 1 teaspoon salt. Cream butter, add sugar, vanilla and well beaten eggs, then add dry ingredients alternately with milk. Finally add the cherries which have been drained. Pour into well greased mold, cover and steam for two hours. Serve with hot cherry sauce, or any other sauce desired. —Mrs. A. Lamb.

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**ORANGE PUDDING**—Juice and rind of 1 orange, 1 cup water, 1 tablespoon lemon juice, 1 cup sugar, 1 tablespoon butter. Put in pudding dish and make a batter of:  $\frac{1}{2}$  cup sugar, 3 tablespoons milk, 1 scant cup flour, 1 egg, 1 teaspoon baking powder. Beat batter and drop by spoonfuls in liquid. Bake in moderate oven. When ready to serve, turn upside down and add whipped cream.

—Mrs. George Baird.

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**CHRISTMAS PUDDING**— $\frac{1}{2}$  pound raisins,  $\frac{1}{2}$  pound stoned dates, 1 pound brown sugar,  $\frac{1}{4}$  pound cherries,  $\frac{1}{2}$  pound currants,  $\frac{1}{2}$  pound mixed peel,  $\frac{1}{4}$  pound almonds,  $\frac{1}{4}$  cup milk, 1 cup grated raw carrot, 1 cup bread crumbs (white), 3 cups flour, 3 fruit rings, 6 eggs (well beaten), 1 teaspoon each cinnamon, allspice,  $\frac{1}{2}$  teaspoon grated nutmeg,  $\frac{3}{4}$  pound grated suet. Wash fruit and spread to dry slowly. Put suet in baking bowl and cream like shortening. Add sugar, bread crumbs, eggs, milk, carrot. Add seasonings sifted with the flour and added alternately with fruit and nuts. Put in 2 bowls and cover with wax paper and steam for at least 3 hours, then set aside till cold, when they may be kept till needed. Can be served with your favorite sauce or is lovely served with whipped cream sweetened.

—Mrs. E. Kanneman.

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**YORKSHIRE PUDDING**—2 cups flour,  $\frac{1}{2}$  teaspoon salt, 3 eggs (beaten), 2 cups milk, beef dripping. Sift flour and salt together. To the beaten eggs add a little flour and beat with double egg beater, then add some milk. Do this until all is used up. Pour in pan with 4 tablespoons hot beef dripping. Have the fat bubbling fast before pouring in the pudding. Bake in hot oven,  $450^{\circ}\text{F}.$ , for 30 minutes.

—Mrs. R. Worth.

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**ICE CREAM**—Scald  $1\frac{1}{4}$  cups milk. Put in measuring cup:  $\frac{1}{4}$  cup sugar, 1 egg yolk,  $\frac{1}{4}$  cup milk. Beat well together and add to milk and cook until thick cream. Cool. Beat egg white until stiff, add pinch salt and 1 teaspoon vanilla. Add to custard. Freeze until mushy. Beat  $\frac{1}{2}$  pint cream and add to mushy custard. Set in freezer and stir twice (half hour intervals) during freezing.

—Mrs. W. Wylie.

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**LEMON PUDDING**—1 tablespoon butter,  $\frac{3}{4}$  cup sugar. Beat together, and add: 2 tablespoons flour, rind and juice of 1 lemon, yolks of two eggs (beaten), 1 cup milk. Beat egg whites stiff and add to mixture. Bake in pan of water for half an hour.

—Miss Helen Spencer.

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**PINEAPPLE PUDDING**— $1\frac{1}{4}$  cups scalded milk, 2 tablespoons cornstarch, 3 tablespoons sugar, 1 cup crushed pineapple,  $\frac{1}{4}$  cup cold milk, pinch of salt, whites of 2 eggs. Mix sugar and cornstarch with salt and cold milk. Add to scalded milk. Cook 15 minutes, stirring. Add pineapple and beaten egg whites.

—Mrs. F. Orr.

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**SNOW PUDDING**—1 cup sugar, 2 cups water, 2 tablespoons cornstarch, grated rind and juice of 1 lemon. Cook until thick. Add beaten whites of 2 eggs. (Save yolks for sauce.) Sauce: 2 egg yolks, 1 cup milk,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  teaspoon vanilla. Cook a few minutes till thick. (Do not boil). Serve cold.

—Mrs. W. Bishop.

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**THIRTY-MINUTE PUDDING**—½ cup brown sugar, 1 cup flour, 2 teaspoons baking powder, 1 cup raisins, ½ cup milk, pinch of salt. Mix and spread in pan. Make a syrup of: 2 cups boiling water, 1 cup brown sugar, 1 tablespoon butter, ½ teaspoon vanilla. Pour syrup over batter and bake 25 minutes.

—Mrs. W. Bishop.

**FRUIT SHERBET**—2 oranges, juice and pulp, 2 lemons, juice and pulp, 1 banana, mashed, 2 slices pineapple, cut fine, ½ cup pineapple juice, 1½ cups sugar, 2 cups cold water. Mix and freeze in tray of automatic refrigerator. (This also makes a delicious fruit drink.)

—Miss J. H. Kent.

**PEACH WHIP**—2 egg whites, 1 cup sugar, 1 cup peach pulp, 1 tablespoon lemon juice. Drain peaches and mash through a sieve. Beat egg whites until they stand in soft peaks, then add sugar gradually and continue to beat until the mixture is very stiff. Sprinkle lemon juice over fruit pulp and fold this into the meringue, beating well. Heap into sherbet glasses and chill thoroughly.

—Mrs. H. Allen.

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# Pies

**BUTTERSCOTCH PIE**— $\frac{1}{2}$  cup brown sugar,  $\frac{1}{2}$  cup golden syrup, 1 cup water, 2 eggs,  $\frac{1}{4}$  teaspoon salt, 3 tablespoons corn-starch, 2 tablespoons butter,  $\frac{1}{2}$  teaspoon flavoring. Mix the sugar, syrup and half the water. Heat to scalding point, then add corn-starch moistened in the rest of the water. Cook over hot water until the mixture is thick and clear, then add the well beaten egg yolks and cook 2 minutes longer. Remove from fire and add butter and flavoring. Pour into well baked pie shell and cover with a meringue made from the egg whites and 4 tablespoons sugar.

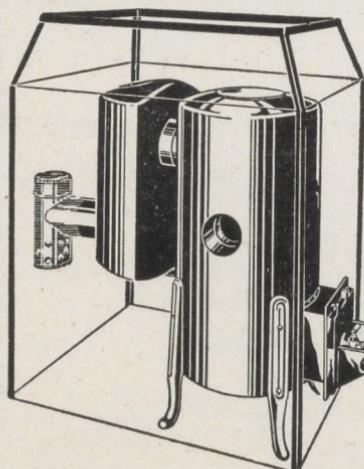
—Miss F. Johnson.

**LEMON FLUFF PIE**—3 eggs,  $\frac{1}{3}$  cup lemon juice, grated rind of 1 lemon, 1 cup sugar, 3 tablespoons hot water,  $\frac{1}{4}$  teaspoon salt. Beat yolks of eggs very lightly. Add lemon juice and grated rind, hot water and salt and  $\frac{1}{2}$  cup sugar. Cook in top part of double boiler until thick. Add  $\frac{1}{2}$  cup sugar to stiffly beaten egg whites and fold into cooked mixture. Fill baked pie shell and brown in moderate oven.

—Mrs. E. L. McQueen.

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**GREEN TOMATO PIE**— $1\frac{1}{2}$  cups tomatoes, peeled and cut fine, 1 cup white sugar, grating of nutmeg, pinch of salt, 1 egg, 6 soda biscuits, rolled fine, juice of 1 lemon,  $\frac{3}{4}$  cup raisins, butter size of walnut. Mix all together and make for a double crust pie.

—Mrs. Mason Elliott.

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**LEMON PIE FILLING**—2 tablespoons flour,  $\frac{3}{4}$  tablespoon sugar, 1 lemon (juice and rind), 2 eggs (separated), 1 cup milk. Mix and fold in stiff whites of eggs. Bake for 1 hour.

—Mrs. M. Moore.

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**RAISIN PIE**—Make a rich pastry and line a pie plate. Filling: 1 cup boiling water, 1 cup raisins (boil a few minutes), 1 cup white sugar and 1 tablespoon of cornstarch. Combine and stir slowly into boiling water, stir till clear, take from stove and add 1 tablespoonful of vinegar and a good sized lump of butter. Pour in bottom crust and cover with a top crust.

—Mrs. C. Murray.

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**SOUR CREAM PIE**—1 cup sour cream, yolks of 2 eggs,  $\frac{1}{2}$  cup sugar, 1 cup raisins,  $\frac{1}{2}$  teaspoon cloves, 1 teaspoon cinnamon. Put all into a double boiler and cook until froth leaves, then add  $\frac{1}{2}$  teaspoon soda. Put in a baked pie crust and cover with stiffly beaten egg whites with 3 tablespoons icing sugar,  $\frac{1}{4}$  teaspoon baking powder. Brown in oven.

—Mrs. George Baird.

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## *Supper Dishes*

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**BARBECUED PATTIES**—Combine 2 cups cooked chopped roast beef, 3 cups cooked chopped potatoes, 3 tablespoons minced onion,  $\frac{1}{2}$  cup milk, salt and pepper. Form in circular cakes, dip in flour, cook slowly in fat, turning to brown on both sides. Pour over the hot cooked cakes a sauce made by combining:  $\frac{1}{4}$  cup ketchup, 2 teaspoons prepared horseradish, 1 teaspoon Worcester-shire sauce. Cover, heat 2 minutes. Serves 4.

—Mrs. W. A. Rose.

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**CHEESE SOUFFLE**— $\frac{1}{4}$  cup flour,  $\frac{1}{4}$  cup butter, 1 cup milk. Mix together, bring to boil. Add  $\frac{1}{2}$  cup grated cheese. Then add yolks of 3 eggs well beaten. Remove from fire and add 3 whites well beaten. Pour into buttered casserole and bake in pan of hot water about half an hour or until set.

—Miss J. H. Kent.

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**MEAT LOAF**—2 pounds round steak, 1 can tomatoes,  $\frac{1}{4}$  loaf white bread, 1 egg,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  teaspoon parsley, pinch of pepper. Put round steak through chopper and have meat fairly fine. Put meat in bowl, add bread crumbled or grated, then egg, then part of tomatoes and all of liquid, also add salt, parsley and pepper. Mix well and put in loaf tin. Add the rest of tomatoes to the top of the loaf. Bake in a hot oven for an hour, and can be cooked a little longer if desired. It is nice served hot or garnished and served cold.

—Mrs. E. Kanneman.

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**MOCH CHILLI CON CARNE**—2 tablespoons dripping, 1 onion, 1 pound hamburg, 1 cup boiling water, 1 teaspoon celery salt, 1½ teaspoonfuls of table salt, 1 tin tomato soup, 2 cups of boiled rice. Melt shortening and slice in onion, fry until soft. Add hamburg, fry until brown, stirring to separate meat, add 1 cup of boiling water, (celery) salt, tomato soup and rice. Boil mixture together in frying pan 15 minutes.

—Mrs. W. Wylie.

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**CHILLI CON CARNE**—1 pound hamburg, 1 tablespoon olive oil, 1 tablespoon chilli powder, 1 small can of kidney beans, 2 teaspoons of salt, 1 can tomatoes (2½), 1 tablespoon of butter, 4 tablespoons chopped onion, 1 tablespoon flour, 1 tablespoon Worcester-shire sauce, 1 green pepper if desired. Heat the butter and olive oil together in frying pan, add the chopped onion and cook until tender and lightly brown. Add the chilli powder and the sauce and stir well. Add the hamburg and almost cover with water, simmer until tender. Make a paste of the kidney beans, salt, tomatoes, flour and just enough tomato juice to make it a smooth paste, then add to the meat mixture. Simmer until the tomato pulp is thoroughly blended and almost disappears. Chopped green peppers may be added with the onion if desired. Serve steaming hot.

—Mrs. W. Wylie.

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**HAM LOAF**—3 pounds minced beef, ¾ pound minced ham, 1½ cups bread crumbs, 3 eggs, ½ cup milk, ½ cup tomato juice. Mix beef, ham and bread crumbs well. Beat eggs and then add with milk. Add tomato juice last. Place 3 strips of bacon on bottom of pan to prevent sticking. Pour ½ cup tomato juice over the meat loaf. Bake 1¼ hours in moderate oven.

—Mrs. E. Slater.

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**SWISS STEAK**—Select a round steak. Wipe with a damp cloth. Season with salt, pepper and flour. Brown in frying pan. Place in casserole. Make brown gravy from the drippings in frying pan. Pour over steak. Drop in 2 or 3 whole onions, cook one hour or until tender.

—Mrs. Emily Slater.

**OMELET**—6 eggs, whites and yolks beaten separately,  $\frac{1}{2}$  pint milk, 6 teaspoons (level) cornstarch, 1 teaspoon baking powder, pinch of salt. Add the whites (beaten to a stiff froth) last. Fry in a little butter. Serves six.

—Mrs. A. W. Bell.

**PANCAKES**— $2\frac{1}{2}$  cups flour, 4 teaspoons baking powder, 1 teaspoon salt, 3 level teaspoons golden syrup, 2 cups milk, 1 egg, 2 tablespoons melted butter. Mix and sift dry ingredients, beat egg, add milk and syrup and add to first mixture. Beat thoroughly and add the melted butter. Drop by spoonfuls onto a well greased hot griddle. When puffed full of bubbles and cooked on edges, turn and cook on the other side. Serve at once with syrup which has been heated.

—Miss Florence Johnson.

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**SALMON AND RICE DELIGHT**—1 can salmon (small),  $\frac{1}{2}$  cup rice, 1 egg, 2 cups milk, bread crumbs, salt and pepper. Boil rice in salt and water and drain. Flake the salmon and place in small baking dish, cover with crumbs, and a layer of rice, sprinkle with salt and pepper, then add another layer of salmon and rice. Beat egg and milk together. Pour into baking dish, sprinkle with salt and pepper. Cover with crumbs and small pieces of butter. Bake 30 minutes,  $350^{\circ}$  oven.

—Mrs. F. Scarlett.

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**SPANISH RICE**—4 dessertspoons rice, 1 tin tomatoes, 1 teaspoon salt,  $\frac{1}{4}$  teaspoon cayenne pepper, lard (size of walnut),  $\frac{1}{2}$  cup cheese (cut fine), 1 cup water, 1 good sized onion. Cook three hours in oven with lid on. Stir constantly.

—Miss Mildred Harper.

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**LIVER EN CASSEROLE**—Mince 1 pound calves' liver; add salt and pepper to taste and a little minced onion; add 3 rolled crackers. Moisten with water and dot top with butter. Bake in moderate oven about 45 minutes.

—Mrs. H. Allen.

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**CRANBERRY PUNCH**—1 pound cranberries, 5 cups sugar. Boil till berries are all soft. Strain through a jelly bag and put back in saucepan. Add 3 cups sugar. Boil 2 or 3 minutes. Cool and then add 1 cup orange juice and  $\frac{1}{2}$  cup lemon juice. Bottle. Use 1 or 2 tablespoons to a glass and add ginger ale.

*water*  
—Miss Gertrude Bell.

**PINEAPPLE AND STRAWBERRY JAM**—2 cups crushed ripe strawberries, 2 cups (one can) crushed canned pineapple, 7 cups sugar,  $\frac{1}{2}$  cup commercial pectin. Use only perfect, fully ripened berries and crush each berry, add crushed pineapple. Combine fruit and sugar in a large preserving kettle and bring to a rapid boil, having a hot fire and stirring constantly. Boil hard for 1 minute, then remove from fire and stir, pouring in slowly the pectin, continuing to stir and skim by turns for five minutes (the stirring and cooling slightly before bottling prevents fruit floating). Put in sterilized jars and cover with hot melted paraffin.

—Mrs. Wm. Wylie.

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**FRUIT MARMALADE**—6 oranges, 6 lemons, 6 peaches, 6 pears, 6 apples. Partly skin the oranges. Put oranges and lemons through grinder. Dice the other fruit. To each cup of fruit add  $\frac{3}{4}$  cup sugar and cook until thick and tender.

—Mrs. George Baird.

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**CHOCOLATE MILK**—1 cup cocoa, 2 cups sugar, 1 cup water,  $\frac{1}{4}$  pound butter, 2 eggs, 1 teaspoon vanilla. Combine cocoa, sugar and water and boil 3 minutes. Add  $\frac{1}{4}$  pound of butter and let cool. Then add 2 beaten eggs and vanilla. This forms a thick syrup. Keep in a quart sealer. Add 2 teaspoons to a large sized glass of milk.

—Mrs. D. Lefever.

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**GREEN APPLE JELLY**—After you have made green apple pies, take the skins and cores and cover with water, put on stove and cook till thoroughly done, then put through a jelly bag, and for each cup of juice put one cup of white sugar, boil (a full rolling boil) for twenty minutes, take from stove and put in jars to cool.

—Mrs. Chas. Murray.

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**MARROW JAM**—Prepare the marrows, cut into small pieces. To 1 pound marrow put 1 pound sugar. Let stand over night. In the morning add to 20 pounds marrow 2 lemons, cut in quarters and ten cents worth of root ginger. Bring to boil, let simmer gently for 4 hours.

—Mrs. A. W. Bell.

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**ORANGEADE**—4 oranges, 3 lemons, 8 cups white sugar, 2 quarts boiling water, 2 ozs. citric acid (dissolved in 1 cup boiling water). Grate the rind of the oranges and lemons and add to the juice, sugar and boiling water. Then add the citric acid. Let stand overnight. Strain into sealers. Use one tablespoon to each glass of water.

—Miss Gertrude Bell.

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**STRAWBERRY JAM**—2 quarts strawberries, 5 cups sugar, juice of 1 lemon. Wash berries, then hull, cover with the sugar and lemon juice. Let stand over night, then bring to boil and let boil 8 minutes by clock. Skim, and let stand until cool before putting in jars. This jam is best made in small quantities.

—Mrs. F. Scarlett.

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**THREE-MINUTE JAM**—Raspberry or Strawberry. 3 breakfast cups berries and same of white sugar. After looking over fruit and hulling (if using strawberries put in colander and pour boiling water over fruit). Let drain a minute, then put fruit in fairly deep pan and add 1 cup sugar, and mash with potato masher. Put on stove and boil one minute, then add 2 cups sugar and boil 2 minutes. Remove from stove and put in sterilized jars and cover with wax. Time the boil after fruit is bubbling well all over.

—Mrs. E. Kanneman.

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## Prairie Products

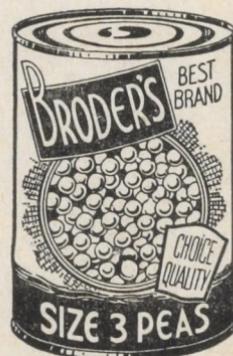
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# Pickles

**BREAD AND BUTTER PICKLES**—50 cucumbers, not peeled (about 1 inch through as you have to slice them), 1 quart onions before sliced, 8 cups vinegar (cider), a small piece of alum, 8 cups white sugar, 4 teaspoons celery seed, 4 teaspoons mustard seed. Slice pickles about  $\frac{1}{4}$  inch thick. Make a brine using a scant half cup salt and water to cover. Slice onions, sprinkle with salt in separate bowl. Let both stand over night. Boil vinegar, sugar, alum and seeds slowly 15 minutes. Add cucumbers and onions. Heat well. Seal hot.

—Mrs. W. Bagshaw.

**CELERY PICKLES**—3 cups celery (chopped), 30 tomatoes (peeled), 10 onions (chopped), 2 red peppers, 1 green pepper, 2 cups sugar, 4 cups white vinegar, 5 tablespoons salt. Mix above together in order given. Boil for two hours and put in sealers while hot.

—Mrs. Wm. Wylie.

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**CHILLY SAUCE**—1 basket ripe tomatoes, 8 large onions, 5 small apples, 5 small pears, 4 green peppers, 3 cups white sugar, 1 cup vinegar, 3 level tablespoons salt, 1 teaspoon red pepper, 1 teaspoon black pepper, 1 teaspoon cinnamon, 1 teaspoon cloves. Boil together slowly for two hours.

—Mrs. W. Bagshaw.

**CHILLI SAUCE**—9 large ripe tomatoes, 2 onions, 1 green pepper,  $\frac{1}{2}$  cup sugar, 1 cup vinegar, 1 tablespoon salt, 1 small teaspoon each allspice, cinnamon, cloves and mustard. Chop onions and green pepper, add tomatoes cut in pieces and the sugar. Boil until thick, add vinegar, salt and spices. Boil 5 minutes. Seal in jars with parowax.

—Mrs. A. W. Bell.

**PICKLED ONIONS**—4 pounds silver skin onions. Pour boiling water over them, then drain and put in cold water, peel. Put in crock and cover with 1 cup salt, which has been dissolved in 2 quarts boiling water. Let stand 2 days. Repeat again. Wash and bottle in scalded jars, while warm, add heated white vinegar.

—Mrs. T. Allen.

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**PICKLED BEANS**—One peck (32 cups) butter beans, cut small and cook half hour in weak salt and water. Drain well and add: 3 pints vinegar, 3 pounds white sugar. When boiling add: 2/3 cup mustard, 1 cup flour, 2 tablespoons celery seed, 2 tablespoons tumeric. Mix into paste with cold vinegar, add to boiling vinegar. Cook five minutes, stir constantly and bottle.

—Miss Gertrude Bell.

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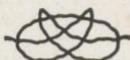
**CUCUMBER PASTE**—9 cucumbers, 4 onions. Peel cucumbers and onions and put through mincer. Sprinkle with salt and let stand over night. Pour off fluid in the morning. Put the mixture in a pan on stove with the following: 3 cups vinegar, 2 1/2 cups white sugar, 1 teaspoon celery seed, 1/2 teaspoon mustard seed. Bring to boil and add a mixture of: 1/2 cup flour and water made into a smooth paste, boil 5 minutes or more. Color with tumeric.

—Mrs. A. Lamb.

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**FUDGE**—1 cup white sugar, 1 cup brown sugar,  $\frac{1}{4}$  cup corn syrup,  $\frac{1}{2}$  cup sweet milk,  $\frac{1}{4}$  cup melted butter. Boil 6 minutes, then take from stove and add 1 teaspoon vanilla. Beat till creamy and add nuts if desired. Pour into buttered pan and mark in squares.

—Mrs. H. Allen.

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**CHOCOLATE FUDGE**—2 cups sugar, 2 squares chocolate, 2 tablespoons corn syrup,  $\frac{2}{3}$  cup milk, 2 tablespoons butter, 1 teaspoon vanilla. Cook sugar, chocolate, corn syrup and milk, stirring until sugar is dissolved. Cook syrup until it forms a soft ball in cold water. Remove from fire, add butter and cool. Then add vanilla and beat until creamy. Pour into greased pan and when cool cut in squares.

—Mrs. George Baird.

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**BOSTON CREAM**—3 cups white sugar, 1 cup corn syrup,  $1\frac{1}{2}$  cups sweet cream. Boil till it forms a soft ball when dipped in cold water. Cool, add pinch of salt, walnuts and cherries. Beat until creamy.

—Mrs. A. E. Hutchison.

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**CREAM TOFFEE**—2½ cups brown sugar, ½ pound butter, 1 cup corn syrup, 1 can condensed milk. Mix sugar, butter and syrup together and bring to a boil. Then add the can of condensed milk and stir constantly until it forms a hard ball when dropped in water. Pour in buttered dish.

—Miss B. Ansley.

**PEANUT BRITTLE**—Shell peanuts and break in halves or pieces and put on buttered dish. Melt 2 cups sugar in pan and pour over peanuts.

—Mrs. R. McDonald.

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## **Memorandum**

### **Table of Weights and Measures**

2 cups butter (packed)—1 pound  
4 cups flour—1 pound  
2 cups granulated sugar—1 pound  
2  $\frac{2}{3}$  cups powdered sugar—1 pound  
2  $\frac{2}{3}$  cups brown sugar—1 pound  
2 cups finely chopped meat—1 pound  
9 large eggs—1 pound  
1 square baker's chocolate—1 oz.  
3 teaspoons equal 1 tablespoon  
16 tablespoons—1 cup  
2 tablespoons butter—1 oz.  
7 tablespoons flour—1 oz.  
2 cups equal 1 pint  
2 pints—1 quart  
Use 1 level teaspoon baking powder to 1 cup flour.

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### **Abbreviations Used**

tsp.—teaspoon	tbsp.—tablespoon
pt.—pint	qt.—quart
lb.—pound	min.—minutes
hrs.—hours	oz.—ounce

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